

BREAKING TECHNOLOGY



PHYSICAL TRAINING

	STRENGTH COMPONENT manual resistance ©
	FLEXIBILITY • BALANCE • WIND psychocalisthenics ©
	MUSCLE TONE dallas cowboy set
	RUNNING REMAINS A COMMON INGREDIENT ©

this is
Pandy's
work
with Penn
State.

© CONTRIBUTES TO COHESION

PT is being tailored, diff PT for diff MOS —
but running is the common ingredient.